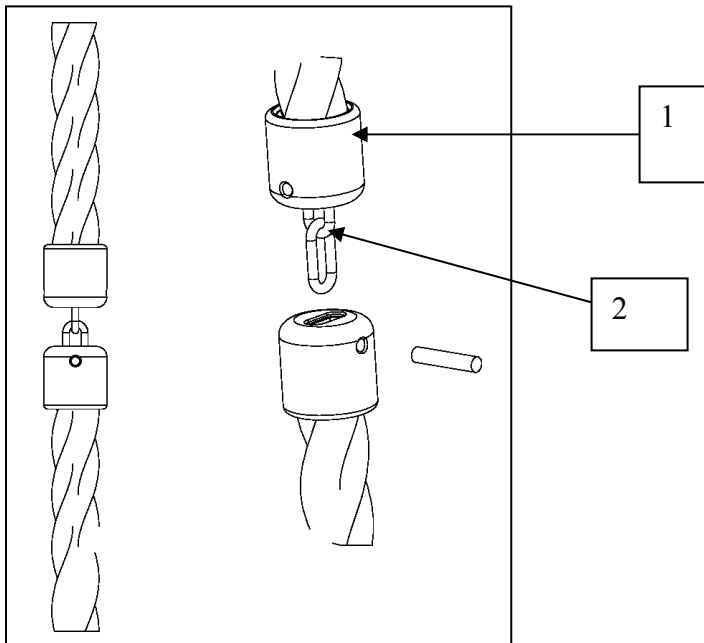


Maintenance Short List for Marpo Rope Trainers

This short list is in addition to items in the USER MANUAL and it is not to replace the items in the user manual.

Weekly visual inspection

1. Rope connection plastic end caps – check for cracks or any excessive wear.
2. Rope connection chain links – check for any wear in the metal thickness of the two links of chain.
3. For V250 model inspect the weight stack cable for any damage.



Weekly cleaning

3. Wipe down upholstery with mild cleaner ... do not use solvents
4. Wipe down rope with, rubbing (sanitary) alcohol soaked towel, to remove hand oils and hand lotions off of the rope.

Monthly inspection

5. Open covers and check governor wings for any bending, deformation or tear in the wing.
6. Check the 4 lead weights to make sure they are NOT loose or free to spin.
7. Check split pin for governor wings to ensure it is not coming out when pushed on
8. Check rope speed and adjust as necessary to keep in proper speed range.

To verify proper resistance:

A. set resistance lever to #1

B. set display to SPEED

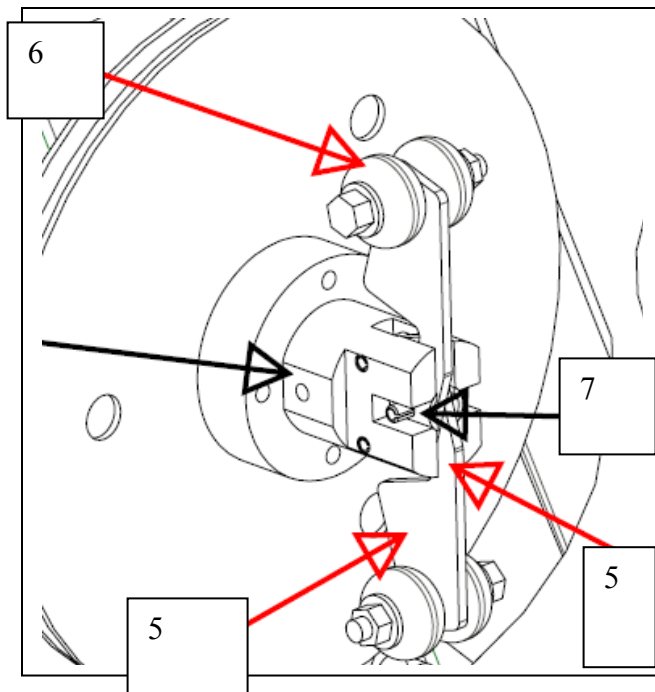
C. Pull on the rope as fast as possible for about 10 seconds and your top speed should be 200-220 ft/min (61-67 meter/min).

To see step by step details how to do the adjustment please log onto our service tech site and watch the short video titled:

[Rope Resistance / Brake Pad Adjustment](#)

login:

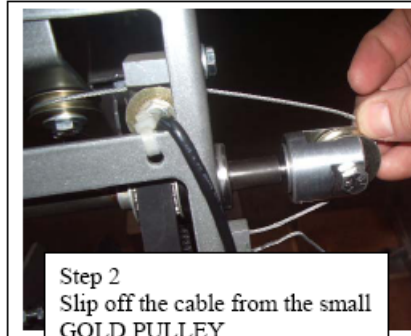
<http://www.marpokinetics.com/tech/>



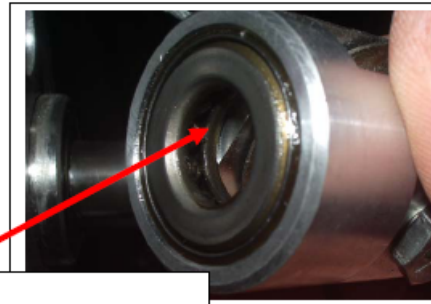
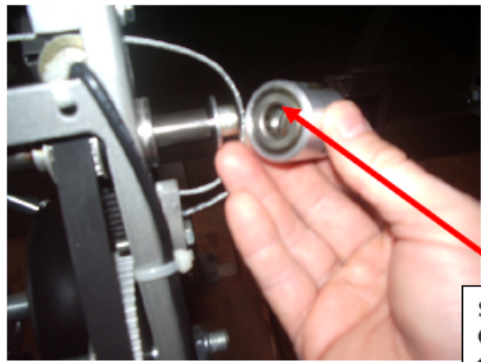
9. Every 6 months add grease on the axial bearing ... see steps below.



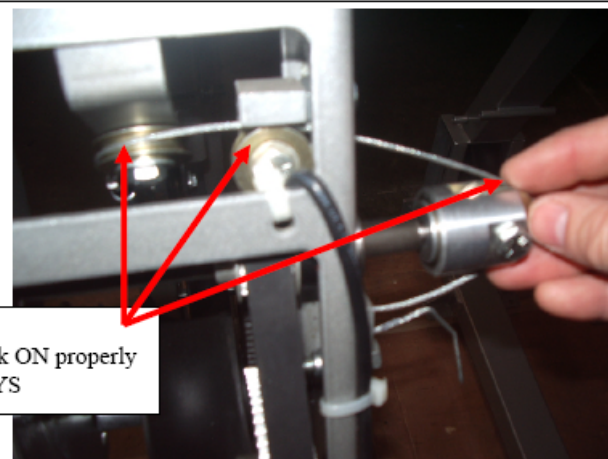
Step 1
Remove the 2 BIG PLASTIC
COVERS and then put the
resistance selector to #7



Step 2
Slip off the cable from the small
GOLD PULLEY



Step 3
On the balls of this bearing put
thick grease and then put it back
in place



CAUTION
Make sure the cable is back ON properly
on ALL 3 GOLD PULLEYS